



**"Inspired by Ashley's passion for running, Run for a Viking is a 5k dedicated to Matt's recovery. Surrounded by love and grounded in faith, the Symmes Valley community comes together to support his healing journey—growing stronger every step"**



**5K Run/Walk  
And a 1 Mile Support Walk**

**Saturday  
June 27, 2026  
9am**

**Paul Porter Park  
221 Lane Street  
Coal Grove, OH**

***Help support Matt and his family is his recovery journey  
and the financial demands facing the family!***

<p><b>8am On-Site Registration</b> 5K or 1 Mile Pricing <b>\$25 before June 15th</b> <b>\$30 June 15th thru June 25th</b> <b>\$35 Day of Race</b></p>	<p><b>Shirts to all registrants</b> <b>Help support</b> <b>Door prizes</b> <b>Refreshments</b></p>	<p><b>Course: Mostly flat. Starts and ends in the Park. An out and back to a quarter mile from the Memorial Cemetery in Ironton.</b></p>
<p><b>Trophies to first three overall male and female finishers.</b> <b>Awards to first three finishers in each male and female age group.</b> <b>Award for the first stroller.</b> <i>No duplication of awards</i> <b>Age Groups: 9 and under</b> <b>10-14 15-19 20-24 25-29 30-34</b> <b>35-39 40-44 45-49 50-54 55-59</b> <b>60-64 65-69 70-74 75-79 80+</b></p>	 <p><b>RACE PLANNERS</b> <b>Race Director: Alan Osuch</b> <b><u>OsuchRacePlanner@aol.com</u></b> <b>or 606-369-4403</b></p>	<p><b>Please make <u>check payable to:</u></b> <b><i>O Such Race Planners</i></b> <b>Memo: <i>Run For A Viking 5K</i></b> <b>Please mail registration to: Run For A Viking 5K</b> <b>c/o Alan Osuch</b> <b>5024 Williams Avenue</b> <b>Ashland, KY 41101</b></p>

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**Run For A Viking 5K**

**Name:** \_\_\_\_\_ **Address:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Gender: M F** **Age on race day:** \_\_\_\_\_

**Event:** \_\_\_\_\_ **5K** \_\_\_\_\_ **1 Mile Walk**

**Shirt Size** \_\_\_\_\_ **(2X, 3X and 4X add \$2.00)** **Extra donation \$** \_\_\_\_\_ **Amount paid \$** \_\_\_\_\_

**WAIVER: I know that running a road race is a potentially hazardous activity and I should not enter a run unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including but not limited to, falls, contact with other participants, the effects of weather (including high heat or humidity), traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver, I release the Village Of Coal Grove, Coal Grove Betterment Club, City of Ironton, O Such Tri-State Race Planners, race officials, volunteers and all sponsors from all claims to liabilities arising out of my participation in this event.**

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/Guardian (For minor):** \_\_\_\_\_